

# Blood Pressure Check

## Pre-reading



### Questions:

- When do you check your blood pressure?
- Why should you check it?

### Definitions:

- Blood pressure – the amount of force that the blood has as it is being pumped by the heart; if it's too high or too low it can be bad for one's health
- Blood pressure cuff – a device put around the arm to measure blood pressure
- Relieve – to make free from worry

## Reading

Jill has high blood pressure. She needs to be sure it doesn't get any higher.

15 Her doctor asked her to check it once a week. The doctor tells her she can get her  
33 blood pressure checked at the drug store.

40 Jill goes to the drug store. She finds where she can have her blood pressure  
55 checked. She sits down in the chair and puts the blood pressure cuff on her arm.  
72 She takes three readings. They are all too high.

80 Jill tells the clerk, "Something is wrong. These readings seem high." The  
92 clerk says, "Yes, that can happen when you move your arm or head. Your body  
107 must be **still**."

110 Jill tries it again. She is very still. Jill is relieved. The reading is where she  
126 thought it should be. Next week she will know to sit still.

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## Understanding

1. Why does Jill need to check her blood pressure? \_\_\_\_\_  
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2. How often does Jill's doctor want her to check her blood pressure? \_\_\_\_\_  
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3. Where does Jill go to check her blood pressure? \_\_\_\_\_  
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4. Who helps Jill at the drug store? \_\_\_\_\_  
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5. What does the word **still** mean? \_\_\_\_\_  
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## Writing

Choice A: Retell the story in your own words.

Choice B: Do you or someone you know have high blood pressure? Write about how you or the person you know takes care of it.

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